

Archery is a fun and exciting sport to learn. As well as helping you relax, it aids development of important aspects such as patience, self-confidence, focus and concentration. There are physical benefits too - it improves upper body strength, flexibility, stamina, endurance and hand/eye coordination.

## How to get started

### Step 1: Enrol on a Beginners course.

In most cases, you cannot just turn up at a club as a first time archer and start to shoot. You must have had some formal instruction and this is usually done in the form of a structured Beginners course.

Bowmen of Backworth runs regular courses between April and September. All necessary equipment is provided and all of our courses are taught by qualified Archery GB Level 2 and Level 1 coaches, with enhanced DBS clearance and child/ vulnerable adult safeguarding course certification.

Each course (£60 Adult, £40 Junior, reduced rates for family groups) provides 4 x 2 hour sessions during which you will be taught:

- An understanding of the basic skills of shooting
- Basic technique, safety and etiquette
- The ability to shoot a recurve bow with reasonable confidence and skill
- An introduction to different bow style

You will also receive a nationally recognised certificate providing proof that you have completed a Beginners Course and are safe to shoot in a club environment. Booking is essential as places are limited.



### Step 2: Apply for full membership of a club and start to shoot regularly.

Bowmen of Backworth is a friendly archery club, established in the 1960's. As a section of Backworth Miners Welfare, we enjoy all the facilities offered at Backworth Hall.

The club is affiliated to the following organisations:

- Durham & Northumberland Archery Association (DNAA)
- Northern Counties Archery Society (NCAS)
- Archery GB (GNAS - Grand National Archery Association)
- World Archery (WA)

We have around 40 to 50 members, male and female, aged from 10 years old to well past retirement and we encourage archers of all levels and abilities.

Our membership includes people for whom archery is primarily a social hobby and people for whom archery is a serious sport in which they

want to progress and compete. Everyone is welcome and we have the flexibility to allow everyone to enjoy their archery however they see it.

We primarily shoot target archery and have archers shooting Olympic recurve, compound, barebow, longbow and traditional bows at both outdoor and indoor venues.

We hold shooting sessions on Wednesday and Sunday afternoons throughout the year although members are able to shoot at any time, subject to our safety rules.

It is strongly recommended that you do not buy any equipment until you have sought guidance from one of our coaches. Club equipment is available for hire.

### Step 3: Follow up is important.

Whatever their reason for doing archery we find that people like to see their scores improving over time. So, as well as offering regular coaching sessions for our members, we also operate a number of schemes and awards that can be gained as your performance progresses.

If you want to get into competitions, you can enter the various events held within the club before progressing onto one of the numerous events held by other clubs, both locally and throughout the country. There are events to suit all standards of archers both senior and junior.

## Annual Membership Fees Backworth Hall & Club Fees

### Membership Year 1 Apr 2024 - 31 Mar 2025

Senior (21yr +)	£136.00
Junior (18<21yr)	£70.50
Junior (12<18yr)	£65.50
Junior (<12yr)	Nil

## Affiliation Fees for Archery GB, NCAS & DNAA

### Membership Year 1 Oct 2023 - 30 Sep 2024

Senior (25+)	£58.50
Senior (18 - 24)	£22.50
Junior (< 18)	£17.20

Reduced fees apply if joining later in the Membership year.

## Target Fees

A charge of £2 (£1 for Juniors) is payable per shooting session.

Should you decide to join our club, having completed one of our Beginners Courses, you will be entitled to a discount (£15 Adult, £10 Junior) from your first year's fees.



## Further Information

Bowmen of Backworth  
Backworth Hall  
Station Road  
Backworth  
NE27 0AH

**Enquiries:** [info@bowmenofbackworth.org](mailto:info@bowmenofbackworth.org)

**Website:** [bowmenofbackworth.org](http://bowmenofbackworth.org)

**Facebook:** The Bowmen of Backworth



# Join The Fun

